

WINTER 2020

LYNNWOOD RECREATION GUIDE

A photograph of three children sitting on the edge of a white inflatable boat in a swimming pool. The child on the left is a girl with pink goggles on her head, wearing a red life preserver and smiling. The child in the middle is a boy with short brown hair, also wearing a red life preserver and looking towards the camera. The child on the right is a girl with black goggles on her head, wearing a red life preserver and smiling. In the background, there is a swimming pool with a sign that says "TRAINING IN PROGRESS".

LET'S
PLAY!

Ties and Tiaras
Winter Ball pg 10

Get Fit pg 17

Chef It Up pg 20

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WINTER 2020



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Creating a healthy community through people, parks, programs and partnerships.

Lynnwood Recreation Center
425-670-5REC (5732)
18900 44th Ave W

Lynnwood Senior Center
425-670-5050
19000 44th Ave W

Lynnwood Golf Course
425-672-GOLF (4653)
20200 68th Ave W

Meadowdale Playfields
425-670-5596
16700 66th Ave W

Cedar Valley Gym
425-670-5517
19200 56th Ave W

Meadowdale Middle Gym
425-670-5517
6500 168th St SW



19800 44th Ave. W.
Lynnwood, WA 98036
(425) 774-0198
8am - 9pm Every Day!

\$3 OFF

\$30 minimum purchase
(excludes alcohol, gift cards, tax & state bottle deposits)

Valid at Lynnwood Grocery Outlet only.
One coupon per person. Not valid with any other offer. Duplicated coupons will not be accepted. Valid 12/31/19 - 2/28/20.



\$4 OFF

\$40 minimum purchase
(excludes alcohol, gift cards, tax & state bottle deposits)

Valid at Lynnwood Grocery Outlet only.
One coupon per person. Not valid with any other offer. Duplicated coupons will not be accepted. Valid 12/31/19 - 2/28/20.



\$5 OFF

\$50 minimum purchase
(excludes alcohol, gift cards, tax & state bottle deposits)

Valid at Lynnwood Grocery Outlet only.
One coupon per person. Not valid with any other offer. Duplicated coupons will not be accepted. Valid 12/31/19 - 2/28/20.



Director's Message

As I reflect on 2019, I thank my amazing team for their hard work in the launch of our new registration system, *Perfect Mind*, last spring and roll-out of our new swim lesson format change. These are two of the most significant changes we've had since reopening the Recreation Center in 2011. I am very grateful to each of you, our customers, for setting up new accounts, adjusting schedules, being patient, and for your understanding as we worked through and corrected our mistakes. Thank YOU for being one of our most valued customers!



City website improvements

services will be one of the biggest improvements of the new website. We hope you're excited about this big change coming on January 14th.

Our playground replacement program continues. Next up is Spruce Park which will be getting whole new playground. Out with the old and in with a new adventure-themed climbing structure with slide, rope bridge, and spinner. Along with the tot lot replacement, the youth playground will also get a large spinner and new swings including a companion swing. The new play equipment will be installed in December and should be done before the New Year!



Spruce Park play equipment



South Lynnwood Park renovations

A giant make-over is coming to South Lynnwood Park. Developed 40 years ago, this 4-acre park next to the Interurban Trail has tennis courts, basketball court, playground, and large lawn. With the aide of four major grants, the City will be making a \$2 million-dollar investment to update the tennis courts, move the basketball court, improve the lawn's drainage, add a small soccer field, completely renovate the playground, add a picnic shelter, and update the restroom building and pathways to meet ADA standards. Construction will occur in 2020 and when the park is complete, it will be a great place for families to ride bikes, play sports, and picnic. Project information and updates can be found at www.lynnwoodwa.gov/City-Services/Engineering-Services/Public-Projects-and-Programs/Parks-and-Trails/South-Lynnwood-Park-Renovation.htm.

We hope these changes continue to meet the needs of our customers and community members. In order to stay in-tune with your needs, we'll be conducting several surveys in the spring at the Recreation and Senior Centers. We hope you'll continue to share your thoughts, ideas, and needs with us. We thank you for your support.



– Lynn Sordel
Recreation Director

RECREATION CENTER

State-of-the-art swimming and fitness facility

Hours of Operation

Monday–Friday 5:30am–9:30pm
Saturday 7am–9pm
Sunday 9:30am–6:30pm

Holiday Closures

Christmas Eve: Tuesday, December 24
Christmas Day: Wednesday, December 25
New Year's Eve Early Closure:
3pm Tuesday, December 31
New Year's Day: Wednesday, January 1
Pool Closure: January 6–12

Fitness

- 3,000-square-foot cardio and fitness space with 47 cardio and 18 strength training machines
- 4 Precor Adaptive Motion Trainers
- 50+ Group Fitness Classes weekly
- 2 Espresso Upright Bikes
- 3 ADA adapted cardio machines
- 5 to 100 pound dumbbells
- 1,600-square-foot fitness and dance studio
- 2 racquetball/wallyball courts
- 1 world-class reflexology path

Swimming Pools

- Over 20,000 square feet of aquatic play
- 25-yard, 6-lane lap pool
- 1 Warm-water wellness pool with ramp now 93 degrees
- 4 Play pools: beach, river, lake, and whirlpool
- 2 Waterslides
- 2 Hot tubs: adult & family
- 1 Sauna



PICK YOUR PASS

2020 RATES	SINGLE VISIT	SINGLE FITNESS VISIT	10 VISIT PASS*		ANNUAL (unlimited visits)	
			Fee	Resident Discount	Fee	Resident Discount
Children under 2	Free	n/a	n/a	n/a	n/a	n/a
Youth (2–12)	\$5.50	n/a	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
Teen (13–17)	\$5.75	\$9	\$47.50	\$43	\$496 (\$41.33/mo)	\$432 (\$36/mo)
Adults (18–61)	\$6	\$9.25	\$52	\$47.50	\$594 (\$49.50/mo)	\$520 (\$43.33/mo)
Adults 62+	\$5.50	\$8.50	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
Disabled	\$5.50	\$8.50	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
Family	\$25	n/a	n/a	n/a	\$930 (\$77.50/mo)	\$808 (\$67.33/mo)

* Expires two years from purchase date.

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Happy Parents**

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10% off visit**

*New customers only. Expires
12/31/2019
**minimum 3 hour visit. Does not apply to
the day rate. Expires 1/31/2020



Hourly, Drop-in Care
Flexible Preschool • Extended Hours

19220 Alderwood Mall Parkway, Suite 130, Lynnwood
(425) 478-2213 • 2.5-12 years • KidsPark.com

AQUATICS



SAFETY IS OUR #1 PRIORITY

All children under the age of six must be accompanied by an adult in the water at all times. Children aged 6–10 years must be supervised by someone aged 13+ in the building at all times. Riders must be at least 40" tall for the body slide and 48" tall for the innertube slide.

BEACH SWIM Shallow play area with water playground and family hot tub. No large slides. Perfect for families with small children.

REC SWIM* Includes the entire recreation pool with the two giant waterslides, river with current and the beach area. Great for all ages!

OPEN SWIM* Main pool with deep end, Recreation pool with slides, warm wellness pool, and hot tubs.

Wellness
Pool even
warmer—
now 93°!

OPEN FITNESS Self-directed exercise: water walking, stretch, water exercises, relaxation. Spaces available vary. Ideal for adults of all ages; under 18, see Aquatics office staff. Some adult-only lap swims available.

POOL RENTAL See page 7 for details.

HOT TUBS AND SAUNA Open to adults 18+ years; detailed availability at www.playlynnwood.com.

SWIM LINE-DAILY SCHEDULE

Visit www.playlynnwood.com or call 425-670-5588.

** Swim tickets—Pre-purchase swim tickets up to two weeks in advance to guarantee entrance. To purchase swim tickets please call 425-670-5732.*

WINTER POOL SCHEDULE Jan 13–Apr 5, 2020

Closed: Jan 6–12 | Winter Break Schedules: Dec 22–Jan 6 | Special Schedules: Jan 20, Feb 17–18, Apr 6–12

CHOOSE YOUR SWIM	Monday-Thursday	Friday	Saturday	Sunday
BEACH SWIM	5:30am–11:30am 4pm–6:45pm	5:30am–11:30am 4pm–6:15pm	7am–11:15am	9:30am–10:30am
REC SWIM	11:45am–1:30pm 2pm–3:45pm 7pm–9pm	11:45am–1:30pm 2pm–3:45pm		10:30am–noon
OPEN SWIM		6:30pm–8:15pm	12:45pm–2:30pm 4pm–5:45pm 7:15pm–9pm	1:30pm–3:15pm 4:45pm–6:30pm
LAP SWIM	5:30am–2:30pm M/W 4pm–9:30pm 2:30–4pm begins Feb 24 T/Th 5–9:30pm 2:30–5pm begins Feb 25	5:30am–2:30pm 2:30–5pm begins Feb 28 5–6:15pm	7am–11:15am	9:30am–noon
OPEN FITNESS	5:30am–noon M/W 1pm–4pm & 8pm–9:30pm T/Th 1pm–5pm & 8pm–9:30pm	5:30am–noon 1pm–4pm	7am–9am	9:30am–noon
LESSONS	9am–10:30am 1pm–2:30pm 4pm–9pm	9am–10:30am 1pm–2:30pm 4pm–6:30pm	9am–11:30am	9:30am–noon

Valued Customers,

We are thrilled to announce our new swimming lesson registration procedure! We have heard your concerns and we are doing our best to make registration for swimming lessons an easy and enjoyable experience. As always, we want to provide lifelong aquatic activity and offer instruction for all ages and abilities!

Here are three major changes:

1. City of Lynnwood residents will now have a 24-hour window of priority registration ONLINE only.
2. All other registrants, current and new, will register during open enrollment beginning ONLINE Monday at 7pm, Walk-in/Phone-in Tuesday 7am.
3. All swimming lessons will be one day per week. If you are interested in additional practice time for your child, you are welcome to register for more than one day!

Current Students: You must register with the level code provided on the registration card that your student will receive during the second to last week of class.

New Students: A swim placement test and level code will be required of all new students prior to registration. Call 425-670-5732 or go online at www.playlynnwood.com to schedule your placement assessment! Non-swimmers do not need to take an assessment, please register for the age appropriate beginning level, PS1, YS1, T1, A1.

Level codes given during placement tests and on registration cards are valid for one session. Incorrect placement codes will be subject to student withdrawal. Please set up your on-line account at www.playlynnwood.com before registration begins.

SWIM LESSONS

Winter Session 2020

REGISTRATION DATES:

Lynnwood Residents	Sunday, December 29	Online 7pm
Open Enroll	Monday, December 30	Online 7pm
Walk-in / Phone-in	Tuesday, December 31	7am

Session Dates	Session Days	Number of classes	Safety School	Stroke Development
Jan 13-Mar 30	Mon	10	\$72.50/\$62.50	\$80/\$70
Jan 14-Mar 31	Tues	11	\$79.75/\$68.75	\$88/\$77
Jan 15-Apr 1	Wed	12	\$87/\$75	\$96/\$84
Jan 16-Apr 2	Thurs	12	\$87/\$75	\$96/\$84
Jan 17-Apr 3	Fri	12	\$87/\$75	\$96/\$84
Jan 18-Apr 4	Sat	12	\$87/\$75	\$96/\$84
Jan 19-Apr 5	Sun	12	\$87/\$75	\$96/\$84

THROW A PARTY!

Call 425-670-5732 to reserve your party.

Pool Rentals

- Shared Pool Rental: \$150 for groups of 25 swimmers. A maximum of six groups per rental time.
- Private Pool Rental: \$900 for an hour of exclusive use of all the pools for up to 150 swimmers.
- Rental Times: Five one-hour blocks of time every weekend.
- Pool rentals include lifeguards and use of all pool areas and features.

For a complete party experience, be sure to reserve a private room before or after your pool time.

Room Rentals

- Rooms seat 25 or 50 people.
- Room Fee: \$85 (25 people), \$170 (50 people) for 75 minutes.
- Room rental minimum is 1 hour 15 minutes and can be extended in 15-minute increments.
- Fee includes set up/take down of tables and chairs.



POOL RENTAL TIMES

Saturday

11:30am-12:30pm

2:45-3:45pm

6-7pm

Sunday

12:15-1:15pm

3:30-4:30pm

PARKS



Where in
Lynnwood
Am I?

LYNNWOOD'S PARK

SYSTEM includes 17 parks, 120 acres of open space, an 18-hole public golf course and 14 miles of trails. Our parks offer a wide range of recreational facilities including sports courts, athletic fields, spray pools, a skate park, playgrounds and large open play areas, as well as nature trails, lakes, streams and forests. For more information, visit www.PlayLynnwood.com or call 425-670-5732.

PARK RESERVATIONS

Reservations are not necessary for general use of our parks. However, the following outdoor park facilities may be reserved from 8am-9pm for private functions; half day 8am-2pm or 3-9pm. Rental fees are due at the time of reservation. **2019 park reservations currently open for Lynnwood residents. Open registration begins January 2, 2020.** For reservations please call 425-670-5732.

OCCUPANCY		HALF DAY Non-Resident/Resident	FULL DAY Non Resident/Resident
Lynndale Park Shelter 1 (covered)			
1-50 people		not available	\$112/\$99
51-100 people		not available	\$186/\$162
Lynndale Park Shelter 2 (uncovered)			
1-50 people		\$34/\$30	\$78/\$68
Lynndale Park Amphitheater (uncovered)			
1-200 people		not available	\$78/\$68
Lynndale Park Shelter 3, North Lynnwood Park Shelters 1 & 2, Meadowdale Neighborhood Park Shelter (covered)			
1-25 people		\$41/\$36	\$94/\$82
Wilcox Park Shelters (covered)			
Shelter	35 people	not available	\$112/\$99
Gazebo	25 people	not available	\$78/\$68

Restrooms closed at dusk.

LYNNWOOD GOLF COURSE



This year-round, professional 18-hole course offers a full service Pro Shop, equipment rentals, practice areas, and pro instruction. We're conveniently located at 20200 68th Ave W in the Edmonds Community College Woodway Building.

RESERVATIONS

Book tee times up to 14 days in advance. Visit us online at www.lynnwoodgc.com or call 425-672-4653.

Weekday Green Fees	
\$21* for 9 holes	\$26* for 18 holes
<i>Discounts for Juniors, Seniors, and Veterans Mon-Fri excluding holidays</i>	
Weekend & Holiday Green Fees	
\$21* for 9 holes	\$33* for 18 holes
Power Carts	
\$8/rider for 9 holes	\$14/rider for 18 holes

* Plus tax

Mudroom not optional.

**NORTHWEST
KNOWLEDGE**



Let Us Represent You.

Contact us at
(425) 778-2101 or
lynnwood.bhhsnwrealestate.com

**BERKSHIRE
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SAVE YOUR SPOT

Register now!

Winter quarter
starts Jan. 6.



EDMONDS
COMMUNITY COLLEGE

edcc.edu/getstarted
425.640.1706 | outreach@edcc.edu



PRESCHOOL



Kids Klub Preschool Early Bird Registration

To reserve a spot in the 2020–2021 Kids Klub Preschool program, sign up for Early Bird Registration. Open Houses will be held February through June.

- Early Bird Registration begins March 9th.
- Please call 425-670-5386 to reserve your Open House spot.
- Walk-in registration begins at 5:30am and phone registration begins at 8am.
- The Early Bird Registration fee is non-refundable but will apply towards September's tuition payment.
- For more preschool information, please visit lynnwoodwa.gov/preschool.



Ties and Tiaras Winter Ball

Dance the night away with your little princess and capture this magic moment for you both. Dancing, snacks and photo ops are all a part of this evening of magic. Advance registration required for you and your little darling. Guys and girls register separately. Dads, Grandpas, Uncles or other important male figures are welcome to escort.

3 YRS AND UP

7604	Feb 22	Sat	3–5pm	\$12.50
7605	Feb 22	Sat	6–8pm	\$12.50

Location: Cedar Valley Gym

Itty-Bitty Fitness

At this age your little one already loves to jump, hop and skip. Let us mold fitness fun into a functional fitness program that will develop and promote a love for fitness. We will develop skills needed for running at the playground, kicking a ball around a field or playing an awesome game of catch.

3–4 YRS

7609	Jan 11–Feb 15	Sat	10–10:30am	\$30/\$24*
7610	Feb 22–Mar 28	Sat	10–10:30am	\$25/\$20*

5–6 YRS

7607	Jan 11–Feb 15	Sat	9–9:45am	\$30/\$24*
7608	Feb 22–Mar 28	Sat	9–9:45am	\$25/\$20*

Location: Meadowdale Middle School

Instructor: Aaliyah Earvin

▼No Class Feb 29

Petite Allegro Ballet

Play-based ballet education for your budding dancer! Parent participation is required. Work together with your toddler to learn ballet basics and body movement!

UP TO 3 YRS

6830	Jan 6–Feb 10	Mon	12:15–12:45pm	\$72/\$60*
6832	Jan 9–Feb 13	Thu	4–4:30pm	\$72/\$60*
6831	Feb 17–Mar 23	Mon	12:15–12:45pm	\$72/\$60*
6833	Feb 20–Mar 26	Thu	4–4:30pm	\$72/\$60*

Location: Lynnwood Recreation Center, Room 102

Instructor: Katherine Erickson

Pre Ballet-Tots

FUNDamentals of ballet designed for your young dancer. Kids will learn to point, plie, and turn through a variety of fun Ballet-based games for 3–5 year old!

3–5 YRS

6823	Jan 6–Feb 10	Mon	10:15–11am	\$72/\$60*
6825	Jan 6–Feb 10	Mon	11:15–12pm	\$72/\$60*
6827	Jan 9–Feb 13	Thu	4:45–5:30pm	\$72/\$60*
6824	Feb 17–Mar 23	Mon	10:15–11am	\$72/\$60*
6826	Feb 17–Mar 23	Mon	11:15–12pm	\$72/\$60*
6828	Feb 20–Mar 26	Thu	4:45–5:30pm	\$72/\$60*

Location: Lynnwood Recreation Center, Room 102

Instructor: Katherine Erickson

Preschool Gymnastics

Our specially sized gymnastics equipment, fun music, balloons, games. And more are all used to help teach the gymnastic basics to preschoolers. Emphasis on having fun, learning, and following directions.

3–5 YRS

6873	Jan 10–Feb 14	Fri	12:30–1pm	\$70/\$59*
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Location: Lynnwood Recreation Center, Fitness Studio

Instructor: Cascade Elite

Toddler Time Gymnastics

Walking, running, swinging, and exploring concepts such as up, down, in, out and through. This class is designed to promote these activities in a friendly atmosphere. Parent participation required.

18 MONTHS TO 3 YRS

6877	Jan 10–Feb 14	Fri	11:45–12:15pm	\$70/\$59*
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Location: Lynnwood Recreation Center, Fitness Studio

Instructor: Cascade Elite



Register Early!
Avoid Disappointments
*See cancellation policy
on page 31.

Tiny Timbre Music Class

Don't wait for another tempo-tantrum from your musical toddler! Join us for some fun exploration of music. We will be signing from a wide variety of genres through creative dance, using tonal and percussive instruments, and playing cooperative games and more! Birth to four years of age are welcome. Parent participation is required.

UP TO 5 YRS

6837	Jan 10–Feb 14	Fri	11:15–12pm	\$84/\$72*
6834	Jan 10–Feb 14	Fri	10:15–11am	\$84/\$72*
6836	Feb 21–Mar 27	Fri	10:15–11am	\$84/\$72*
6838	Feb 21–Mar 27	Fri	11:15–12pm	\$84/\$72*

Location: Lynnwood Recreation Center, Room 102

Instructor: Katherine Erickson



Preschool Playtime

Would you like a little time each week to exercise in the cardio/weight room, enjoy a cup of coffee with a friend or have a little 'me' time? Is your child starting Preschool in the fall? Preschool Playtime is a great program to help kids get ready for their transition. Your little one will enjoy playing with friends while supervised by caring adults. All preschoolers must be potty trained. Call ahead to reserve your spot. Drop-ins are welcome.

3-6 YRS

Jan 10–Apr 3*	Fri	10am–12pm	\$12/\$10*
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Location: Lynnwood Recreation Center, Room 101

*No Class Jan 24, Feb 14, 21, Mar 13, Apr 3

HOW TO READ A CLASS DESCRIPTION

	DATE(S)	DAY OF WEEK	TIME	CLASS FEE	
CLASS →	70689	Apr 14–May 12	Sat	3–3:55pm	\$55/\$47*
#	70690	May 19–Jun 16	Sat	3–3:55pm	\$55/\$47*

Location: Recreation Center, Fitness Studio

Instructor: Derek McClinton

*LYNNWOOD
RESIDENT
DISCOUNT FEE



PARTY SOLUTIONS

12918 Mukilteo Speedway, Lynnwood WA 98087
(Next to Albertsons)

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Your Entire Purchase
Offer Valid through 02/29/2020

- ♥ Balloons
- ♥ Party Supplies
- ♥ Decorations

- ♥ Party Themes
- ♥ Piñatas & Candies
- ♥ Gifts & Party Favors





Ties & Tiaras

WINTER BALL

Saturday, February 22nd
3-5pm & 6-8pm
\$12.50/person / Ages: 3+



Cedar Valley Gym
425-670-5732 • www.playlynnwood.com

YOUTH



Babysitting 101

How do you know if your teen/pre-teen is ready to care for children? Babysitting 101 will assist your 11–15 year old with advice and tips for caring for kids of all ages. Babysitters will learn how to secure a job, engage children and find solutions to problems every babysitter faces. We recommend taking Safe Kids 101 prior to enrollment and also taking Pediatric CPR and First Aid upon workshop completion. Please provide a sack lunch.

11–15 YRS

7393	Jan 11	Sat	10–2pm	\$42/\$36*
7394	Mar 7	Sat	10–2pm	\$42/\$36*

Location: Lynnwood Recreation Center, Conference Room

Parents Night Out

Hey Parents! Do you dream of a few hours to yourself, time to catch a movie, or dinner without whining? A true date night? Then Stop, Drop and Roll! STOP by the Recreation Center, DROP off your child and ROLL out to enjoy the evening! Your child will enjoy dinner, games, crafts, swimming or a movie all while supervised by our fantastic summer camp counselors!

6–12 YRS

7397	Jan 10	Fri	6–9:30pm	\$17/\$15*
7398	Feb 7	Fri	6–9:30pm	\$17/\$15*
7399	Mar 6	Fri	6–9:30pm	\$17/\$15*
7400	Apr 3	Fri	6–9:30pm	\$17/\$15*

Location: Lynnwood Recreation Center, Room 101

Ties and Tiaras Winter Ball

Dance the night away with your little princess and capture this magic moment for you both. Dancing, snacks and photo ops are all a part of this evening of magic. Advance registration required for you and your little darling. Guys and girls register separately. Dads, Grandpas, Uncles or other important male figures are welcome to escort.

3 YRS AND UP

7604	Feb 22	Sat	3–5pm	\$12.50
7605	Feb 22	Sat	6–8pm	\$12.50

Location: Cedar Valley Gym

Safe Kids 101

How do you know when your pre-teens are ready to accept the challenges of staying home by themselves? And are you ready to let them? Safe Kids 101 workshop will help your youth take the next step in independence while giving you peace of mind. Please provide a sack lunch.

9–13 YRS

7450	Feb 1	Sat	10am–2pm	\$42/\$36*
7395	Apr 4	Sat	10am–2pm	\$42/\$36*

Location: Lynnwood Recreation Center, Conference Room

Creative Art for Kids Series

Explore painting, drawing, collage and STEM art projects with award-winning artist Christine Lamb. Each class is different as we visit our solar system, nature and different animal species. \$10 supply fee included at registration.

5–10 YRS

6878	Jan 18	Sat	10–11:30am	\$20/\$18*
6879	Feb 15	Sat	10–11:30am	\$20/\$18*
6880	Mar 21	Sat	10–11:30am	\$20/\$18*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Christine Lamb

Family Karate/Tang Soo Do

Tang Soo Do is a traditional Korean style of karate. This Korean Martial Art is an effective means of self-defense that promotes physical fitness, confidence and discipline. Come join the fun and learn the basic techniques. Rank promotion is available to those who train regularly.

6 YRS AND UP

6822	Jan 18–Mar 28	Sat	9–10am	\$104/\$88*
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Location: Cedar Valley Gym, Cedar Valley Community School
Instructor: Natalie Burgos



i9 Sports Volleyball

This six-week Instructional Volleyball program is a great way to introduce boys and girls to the sport of volleyball. Sessions will focus on teaching the fundamentals and rules of the game, in addition to building skill development. The first 1–2 weeks will be instruction only. The following weeks will include a game, in addition to instruction. Each week players will be divided into teams; teammates may vary week to week.

To register, visit www.i9sports.com/Program/66327

7–12 YRS

Jan 26–Mar 1	Sun	12–4pm	\$139
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REGISTRATION ENDS JAN 6, 2020

Location: Cedar Valley Gym
Instructor: i9 Sports

Guitar for Youth

Give your child the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. Student, please bring an acoustic guitar, a tuner, guitar picks and an empty binder to class. Monthly payments available.

7–8 YRS

6777	Feb 5–Mar 25	Wed	5:30–6:15pm	\$120/\$102*
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9–11 YRS

6776	Feb 5–Mar 25	Wed	6:20–7:20pm	\$136/\$116*
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Location: LSC
Instructor: James Howard



Hip Hop Dance

Learn the basics of Hip Hop in this introductory class as you move and groove to old-school & current beats. In a fun-filled, energetic environment. This class provides a structured method of various Hip Hop dance movements and styles. That offer a new set of combinations & routines every time. Individual and group participation allow students to build strength, flexibility, & confidence! Monthly payments available.

5-8 YRS

6884 Jan 8–Apr 1 Wed 5:45–6:30pm \$130/\$117*
6894 Jan 8–Apr 1 Wed 4:45–5:30pm \$130/\$117*

9-12 YRS

6891 Jan 8–Apr 1 Wed 6:45–7:30pm \$130/\$117*

Location: Lynnwood Recreation Center, Room 101

Instructor: Kontagious Performing Company



Register Early!

Avoid Disappointments
*See cancellation policy
on page 31.

Playmaker Drama— Wizards World

In this play creation class we will collaborate to create an original play inspired by the Wizarding World and our imaginations. Young actors will learn about story structure while working as a team to create an original play. We aim to help students grow in creativity, courage and compassion as they explore the performing arts. Through fun drama games we learn acting skills as we prepare to share our original play. All actors will take part in a final performance in full costume for family and friends on the last day of class. Session is 10 classes. Monthly payments available.

7-11 YRS

6881 Jan 6–Mar 9 Mon 5–6pm \$120/\$112*

Location: Lynnwood Recreation Center, Room 101

Instructor: Dandylyon Drama

Spring Break Camp

Are you ready for a spring break full of fun and friends? If so, Spring Break Camp is where you want to be! Come spend your break going on field trips, making crafts, playing games, meeting new friends and seeing some of your favorite summer camp counselors! You will be in for a week of endless laughter! Grades K–7.

5-12 YRS

7402 Apr 6–10 Mon–Fri 9am–5pm \$173/\$150*

Location: Cedar Valley Gym

Tae Kwon Do

Tae Kwon Do is an easy-to-learn Korean Martial art. An outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way.

6-12 YRS

6851 Jan 7–Feb 13 Tue/Thu 5–5:55pm \$114/\$102*

6852 Feb 18–Apr 2 Tue/Thu 5–5:55pm \$133/\$119*

Location: Lynnwood Recreation Center, Room 101

Instructor: Derek McClinton

i9 Sports Basketball

The i9 Sports basketball program is designed to introduce young boys and girls to the sport, while enhancing and fine-tuning the skills of more experienced players. With the i9 Sports curriculum, your child will learn the fundamentals of basketball with age-appropriate drills that build confidence and ability throughout the season. The practice plans help players develop the core fundamentals, while the coaches and instructors work on coordinated defensive and offensive plays as a player progresses through the program. Practices are conveniently held on game days, just prior to the game.

**To register, visit www.i9sports.com/
Location/Lynnwood-Cedar-Valley-Gym/Basketball**

5-12 YRS

Jan 25–Mar 7[▼] Sat 10:30am–5:30pm \$139

REGISTRATION ENDS JAN 3, 2020

Location: Cedar Valley Gym

Instructor: i9 Sports

▼No Class Feb 22



Parents Night Out!

PARENTS!

Do you dream of a few hours to yourself, time to catch a movie, or dinner without whining?

Then Stop, Drop and Roll!

STOP by the Recreation Center,
DROP off your child and ROLL out to enjoy the evening!

Your child will enjoy dinner, games, crafts, swimming or a movie
all while supervised by our fantastic summer camp counselors! Ages 6-12 years.

First Friday of the month from 6-9:30pm

Lynnwood Recreation Center | 425-670-5732 | www.PlayLynnwood.com

TEENS



Junior Counselor at Spring Break Camp

Is your teen looking for a fun way to spend their Spring Break? Are they looking to gain valuable leadership and work experience? As a JC you will assist Camp Staff in providing engaging activities for young campers while also enjoying camp! This will include going on field trips around the PNW, playing games and making friends. What better way to spend your spring break than with friends and having fun. Space is limited so register early. For those entering Grades 8–12.

12–17 YRS

7586 Apr 6–10 Mon–Fri 9am–5pm \$115/\$100*

Location: Cedar Valley Gym

Babysitting 101

How do you know if your teen/pre-teen is ready to care for children? Babysitting 101 will assist your 11–15 year old with advice and tips for caring for kids of all ages. Babysitters will learn how to secure a job, engage children and find solutions to problems every babysitter faces. We recommend taking Safe Kids 101 prior to enrollment and also taking Pediatric CPR and First Aid upon workshop completion. Please provide a sack lunch.

11–15 YRS

7393	Jan 11	Sat	10am–2pm	\$42/\$36*
7394	Mar 7	Sat	10am–2pm	\$42/\$36*

Location: Lynnwood Recreation Center, Conference Room

High School Open Gym

Calling all High Schoolers! Each Thursday we open the Cedar Valley Gym for those that want an evening of friendly competition with their peers. You will enjoy playing basketball, indoor soccer, dodgeball, etc! We are open to suggestions! Participants must be high school students and provide valid school ID. Snacks will also be provided. (Some exclusion dates occur if ESD is using the gym space.) Each participant will sign a Code of Conduct upon arrival. Once a teen leaves the event they cannot re-enter. Contact: Teen Programs, 425-670-5386

13–18 YRS

Jan 9–Apr 2⁷ Thu 6–9pm FREE

Location: Cedar Valley Gym

▼No Class Feb 20, Mar 19



Register Early!

Avoid Disappointments
*See cancellation policy on page 31.

Nightwaves

Hey Edmonds School District Middle Schoolers! Mark your calendars and tell your friends because this night is just for you! Dance to a DJ, swim in the pool, play games, watch movies, eat tasty snacks, and hang out with friends. Dress Code will be enforced! Nightwaves is an Edmonds School District event only. Must have current ID card to enter.

12–14 YRS

7396	Jan 18	Sat	8–11pm	\$5
7401	Mar 14	Sat	8–11pm	\$5

Location: Lynnwood Recreation Center, Conference Room

Move60 Teens!

Move60 Teens! is an afterschool program for middle school students that will encourage and empower teens to become more active and adopt healthy behaviors. Through nutrition and fitness activities, along with a fun, teen-friendly environment, participants will learn skills that will promote lifetime physical fitness, regardless of their current ability level. Students will register for the nine-week session. Transportation will be included for students that attend Alderwood Middle (AMS), Brier Terrace Middle (BTMS), College Place Middle (CPMS) and Meadowdale Middle (MMS). Students can pick up and submit their registration paperwork at the Main Office of their middle school. For more information about the program call 425-670-5386 or visit www.Lynnwoodwa.gov/PlayLynnwood/Activities/Move60/htm.



GRADES: 7–8

2834 Jan 28–Mar 27⁷ Mon–Fri 2:45–4:30pm FREE

▼No Class Feb 14, 17–18, Mar 18

online



by phone



in person



3 ways to register

www.PlayLynnwood.com

425-670-5732

18900 44th Ave W, Lynnwood, WA 98036

VISA, Mastercard, American Express and Discover

T.A.C.O.



TACO School Year Adventures

Teen Adventure Camp Outdoors (TACO) is coming to you this school year! Is your teen looking for something fun to do on a Saturday Night? Want to add in an adventure during the school year? Our Saturday night TACO Adventures will be action-packed and provide your teen with a safe and healthy environment while still creating lasting memories with friends. The cost for admission is included in the registration fee. Please print and sign all required release forms. Campers are encouraged to bring a snack and extra spending money for dinner. Space is limited so register early.

12-15 YRS

Snow Tubing at Snoqualmie Pass

7447 Jan 25 Sat 5-10pm \$34/\$30*

Bowling and Arcade

7448 Feb 8 Sat 5-10pm \$34/\$30*

Gameworks

7449 Mar 21 Sat 5-10pm \$34/\$30*

Location: Lynnwood Recreation Center

Ballet: Adult and Teens

Come learn the fundamentals of ballet in an environment geared towards adults! Focus on techniques, artistry, and balance as we explore movement at the barre and center floor. Fall session is eleven classes. Monthly payments available.

13 YRS AND UP

6841 Jan 9-Mar 26 Thu 7-8pm \$144/\$120*

Location: Lynnwood Recreation Center, Room 102

Instructor: Katherine Erickson

Tae Kwon Do: Adult and Teens

Tae Kwon Do is an easy-to-learn Korean Martial art. An outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way.

13 YRS AND UP

6848 Jan 7-Feb 13 Tue/Thu 6-6:55pm \$114/\$102*

6850 Feb 18-Apr 2 Tue/Thu 6-6:55pm \$133/\$119*

Location: Lynnwood Recreation Center, Room 101

Instructor: Derek McClinton



Guitar: Adult and Teens

Give yourself or a loved one the gift of music. Learn to play acoustic guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. Beginning and experienced students welcomed. Please bring an acoustic guitar, a tuner, guitar picks, and an empty binder to class. Early and late class offerings and monthly payments available.

12 YRS AND UP

6775 Feb 5-Mar 25 Wed 4-5:25pm \$160/\$136*

6774 Feb 5-Mar 25 Wed 7:30-9pm \$160/\$136*

Location: LSC

Instructor: James Howard



Digital Music Creation

This class will help you on your way to creating your own musical art! Learn the basics of beat production, mixing, and recording. We will cover the studio equipment needed for the modern computer recording setup and how to use it. While exploring drum programming, mix downs and vocal recording. More advanced techniques will follow. Such as the creation of structured instrumentals, audio editing and applying digital effects. Monthly payments available.

9 YRS AND UP

6886 Jan 8-Feb 12 Wed 7:30-9pm \$240/\$204*

6888 Feb 26-Apr 1 Wed 7:30-9pm \$240/\$204*

Location: Lynnwood Recreation Center, Conference Room

Instructor: Kontagious Performing Company

Find your oasis!

*With the City of Mill Creek
Passport Services.*



Open Monday - Saturday
No appointment required!
15728 Main Street in Mill Creek
425-921-5743
cityofmillcreek.com/passports




FITNESS PASS CLASSES



Group Active®

Group Active® is a one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Group Centergy®

Group Centergy® incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

9 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Group Fight®

Group Fight® is a gripping hour that burns a ton of calories and builds total body strength.

9 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

TRX®

TRX® is a suspended training system using bodyweight in a circuit style workout.

13 YRS AND UP

Group Blast®

Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways.

12 YRS AND UP

www.lynnwoodwa.gov/GroupBlast

Location: Recreation Center, Fitness Studio

Group Power®

Group Power® combines squats, lunges, presses, and curls with functional integrated exercises.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Zumba®

ZUMBA® is a fitness workout fusing Latin rhythms with easy to follow moves.

9 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Boot Camp

Boot Camp is a class designed to increase strength, endurance and cardiovascular fitness in 60 minutes.

13 YRS AND UP

CLASS SCHEDULE*

* Schedule is subject to change.

Check our website for updates: <http://www.lynnwoodwa.gov/PlayLynnwood/RecCenter/FitnessServices.htm>

Fitness Pass Classes January 6–April 12, 2020

LAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP POWER 5:40am	GROUP BLAST 5:40am	GROUP POWER 5:40am	GROUP fight 5:40am	GROUP CENTERGY 5:40am	GROUP POWER 7:40am
e ENHANCE FITNESS Intermediate: 8:45am	GROUP ACTIVE 9:40am	e ENHANCE FITNESS Intermediate: 8:45am	GROUP ACTIVE 9:40am	e ENHANCE FITNESS Intermediate: 8:45am	GROUP BLAST 8:50am
e ENHANCE FITNESS Advanced: 10am		e ENHANCE FITNESS Advanced: 10am		e ENHANCE FITNESS Advanced: 10am	GROUP CENTERGY 10am
ZUMBA 11:20am	ZUMBA 11:20am	TRX 11:20am	ZUMBA 11:20am		ZUMBA 11:10am
GROUP CENTERGY 12:30pm	GROUP POWER 12:30pm	GROUP CENTERGY 12:30pm	GROUP POWER 12:30pm		
					Sunday
H.I.T.T. 5:40pm	BOOT CAMP 5:40pm	GROUP BLAST 5:40pm	BOOT CAMP 5:40pm		GROUP ACTIVE 9:40am
GROUP POWER 6:50pm	GROUP ACTIVE 6:50pm	GROUP POWER 6:50pm	ZUMBA 6:50pm		ZUMBA 10:50am
GROUP CENTERGY 8pm		GROUP CENTERGY 8pm			

**Enhance
Fitness found
on page 22**

HIIT

HIIT is a high intensity interval training class focused on short cardiovascular burst that include bodyweight or added weight.

13 YRS AND UP

Get Fit


GET FIT! Led by Certified Personal Trainers, each 50-minute class is limited to ten participants to ensure you get the specialized attention you need. GET FIT is a circuit-style training class that utilizes free weights, TRX, Bosu, and battle ropes. Class is in our spacious Fitness Studio. Day and evening times available.

13 YRS AND UP

7432	Jan 6–Feb 12	Mon/Wed	4:30–5:20pm	\$144/\$126*
7430	Jan 7–Feb 13	Tue/Thu	8–8:50am	\$144/\$126*
7433	Feb 17–Mar 25	Mon/Wed	4:30–5:20pm	\$144/\$126*
7431	Feb 18–Mar 26	Tue/Thu	8–8:50am	\$144/\$126*

Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Conor Flynn and Christin Henneberg,
Certified Personal Trainers

WATER FITNESS SCHEDULE

Mon & Wed	Tues & Thur	Friday	Sat	Sun
River 5:45am	River 5:45am	River 5:45 am	River 7:05am	
River 8am		River 8am	Deep 8:10am	Shallow 9:30am
Deep 9:15am	Deep 9:15am	Deep 9:15am		
62+ River 10:30am	62+ River 10:30am	62+ River 10:30am		
Gentle Noon	Gentle Noon	Gentle Noon		
Shallow & Deep 7pm				
Adult Swim Club 8pm	Shallow & Deep 8:30pm			

Gentle Water Fitness

In the 93° wellness pool, gentle movements will help you relieve pain and stiffness as well as increase joint flexibility. Low-key workouts are great for those recovering from injury or just trying to relieve aches and pains of everyday life.

Location: Recreation Center, Wellness Pool

Shallow Water Fitness

While training all the major muscle groups against the water's resistance, you will receive a calorie-burning workout. Classes are held in the shallow end of the lap pool. No swimming experience required.

Location: Recreation Center, Lap Pool

Fitness in the River

Use the current of the River for increased resistance. Water depth is 3.5 ft, perfect for those looking for a new kind of challenge. Great for cross training and burning calories. These classes are motivating and powerful workouts with body-energizing results.

Location: Recreation Center, River

Deep Water Fitness

Zero joint impact with maximum resistance without touching the bottom of the pool. Exercises are performed with flotation equipment. The focus is on core strength, cardio intensity and full range of motion.

Location: Recreation Center, Lap Pool

62+ Water Fitness

Taught in the River, this class is designed especially for those ages 62+. Enjoy the camaraderie and fun these classes offer while receiving a low impact cardio workout. Join this class and walk away feeling energized.

Location: Recreation Center, River

Adult Swim Club

Coached fitness program designed for swimmers looking for quality workouts, individualized technique instruction, and stroke improvement. For fitness or Masters Competition, each swimmer has the opportunity to improve and work towards personal swimming goals. You will need endurance enough to swim 100 yards of crawlstroke comfortably.

Location: Recreation Center, Lap Pool

**WEAR
RED**
FEB 7 2020
#WearRedDay

February is American Heart Month
Walking is one of the simplest ways to get active and stay active.

With each step you take, you travel further down the path to a healthier lifestyle. Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease. Learn more about the benefits of walking and how incorporating it more can lead to healthier living.

GoRedForWomen.org/WearRedDay

SAFETY CLASSES



First Aid

Effective first aid training greatly improves a victim's chance of survival and recovery. Learn to recognize, assess, and respond quickly, confidently and appropriately to common injuries including: cuts, burns, environmental emergencies and more.

11 YRS AND UP

6631 Jan 18 Sat 2-7pm \$52/\$45*

Location: Fire Station 15, Training Room

ALL OF OUR HEALTH & SAFETY COURSES:

- Align with OSHA's Best Practices for Workplace First Aid Training
- Free online refreshers
- Free digital Participant Manuals
- Digital certification valid for two years after successful completion

Blended Learning—Adult and Pediatric First Aid, CPR & AED

This course provides participants with the vital knowledge they need to respond to a medical emergency appropriately and efficiently. Through a combination of self-paced eLearning and an instructor-led skill session, you will be able to practice, participate, and demonstrate the same skills and knowledge as our classroom based courses. The American Red Cross online portion is an interactive experience where participants respond to real-world emergencies in a virtual setting. On-line portion must be completed prior to attending the classroom skill session and must be taken on a Flash-enabled computer with high speed internet.

14 YRS AND UP

6681	Jan 8	Wed	1:30-4pm	\$80/\$76*
6682	Jan 18	Sat	10am-12:30pm	\$80/\$76*
6683	Jan 22	Wed	1:30-4pm	\$80/\$76*
6684	Jan 22	Wed	5:30-8pm	\$80/\$76*
6685	Feb 5	Wed	1:30-4pm	\$80/\$76*
6687	Feb 12	Wed	5:30-8pm	\$80/\$76*
6688	Feb 15	Sat	10am-12:30pm	\$80/\$76*
6689	Feb 15	Sat	2-4:30pm	\$80/\$76*
6690	Feb 26	Wed	1:30-4pm	\$80/\$76*
6691	Mar 11	Wed	1:30-4pm	\$80/\$76*
6692	Mar 21	Sat	10am-12:30pm	\$80/\$76*
6693	Mar 21	Sat	2-4:30pm	\$80/\$76*
6694	Mar 25	Wed	5:30-8pm	\$80/\$76*

Location: Fire Station 15, Training Room

Adult CPR & AED-Classroom

This American Red Cross Course is designed to help participants recognize and respond appropriately to cardiac and breathing emergencies in Adults. With an emphasis on hands-on learning, students will learn the skills to save a life and knowledge to give immediate care to adults. Free online refreshers and electronic certification card are included.

14 YRS AND UP

6630 Jan 27 Mon 5:30-8:30pm \$57/\$50*

Location: Fire Station 15, Training Room

Adult and Pediatric First Aid, CPR & AED—Classroom

Get Your CPR, First Aid, and AED Certification. Over nine million people take American Red Cross training courses each year. The Adult and Pediatric First Aid/CPR/AED course teaches students how to recognize a medical emergency, handle breathing and cardiac emergencies, and the use of an AED. Be the one who makes a difference and learn to help victims of any age, in this American Red Cross course.

14 YRS AND UP

6480	Jan 4	Sat	10am-5:30pm	\$113/\$98*
6481	Feb 1	Sat	10am-5:30pm	\$113/\$98*
6482	Feb 24-26	Mon/Wed	5-8:30pm	\$113/\$98*
6483	Mar 7	Sat	10am-5:30pm	\$113/\$98*

Location: Fire Station 15, Training Room

Basic Water Rescue

This class, consisting of in-class lecture and in-water skills, provides participants with the knowledge and skills to prevent, recognize and safely respond to aquatic emergencies. American Red Cross Basic Water Rescue is a national certification, valid for two years and meets WA DOH code for Shallow Water Attendant.

12 YRS AND UP

6706 Feb 9 Sun 10:45am-3pm \$69/\$60*

Location: Lynnwood Recreation Center

Water Safety Instructor (WSI)

Become an American Red Cross Water Safety Instructor! WSI trains you in the skills to instruct others how to swim, dive, refine their strokes, save a life, and more. You will learn organizational and presentation skills that will help you in any career and make a difference in people's lives. The program is offered in a blended learning (online learning with instructor-led skill session) format. There is an additional fee paid to the American Red Cross to access the online material.

17 YRS AND UP

6764 Mar 3-Apr 2 Tue/Thu 4:30-7pm \$240/\$210*

Location: Lynnwood Recreation Center

Instructor: Bill Haugen

Lifeguard Training

This American Red Cross program trains students to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, breathing and cardiac emergencies, first aid, and more. This course is offered in a blended learning format where students complete online lessons outside of class time and hands-on practice in class. Have fun and earn money at a job you will love! Attendance required in all class sessions. Interested in taking this class free of charge? Ask us how!

15 YRS AND UP

3441	Dec 23–Jan 3		\$210/\$176*
	Mon/Thu/Fri	12–6pm	
6696	Jan 17–Feb 9		\$210/\$176*
	Fri	6:30–9:30pm	
	Sun	3:30–9:30pm	
6697	Mar 6–Mar 29		\$210/\$176*
	Fri	6:30–9:30pm	
	Sun	3:30–9:30pm	

Location: Lynnwood Recreation Center

Lifeguard Workshop

Have you been thinking about taking the Lifeguard Course, but need to work on your skills to pass the prerequisite swim test? In this workshop, instructors will tailor the training to meet the needs of each of the students. Instructors will educate students on how to, increase their swimming stamina, improve their strokes and work on the skills needed for the successful completion of the pre-course skills check and in the Lifeguard course.

14 YRS AND UP

6839 Feb 16 Sun 6:30–8:30pm \$30/\$27*

Location: Lynnwood Recreation Center



Register Early!
Avoid Disappointments
*See cancellation policy
on page 31.

Junior Lifeguard

Learn about basic water safety and the skills necessary to prevent, recognize, and to respond to many types of aquatic emergencies. This City of Lynnwood Junior Lifeguard course will train you to become a volunteer at the pool and in American Red Cross Basic Water Rescue. We are looking for volunteers who want to earn service hours, make lasting friendships, are socially compassionate, flexible, and have an eagerness to learn. This class meets Saturday 12:30 to 4:15pm and Sunday 10:45am to 3:15pm. Please bring clothing you do not mind getting wet on Saturday and Swimming attire, and towel for Sunday.

12-15 YRS

6704	Feb 8–9		\$46/\$40*
	Sat	12:30–4:30pm	
	Sun	10:45am–3:30pm	

Location: Lynnwood Recreation Center

WATER SAFETY FAIRS

**Monday,
February 17**

4:00-6:45pm

**Lynnwood
Recreation
Center**

4:00-5:00pm
Safety Stations

4:00-5:30pm
Swim Placement Tests

5:00-6:45pm
Free Rec Swim
for participants

Edmonds School District

Free entry level swim lessons
for non-swimmers

Free safety level classes
for all third graders

Program funded by Verdant Health Commission

Come join us to increase your
water safety knowledge and get
a free swim placement test!

Free Admission!

Learn About:

- Boating Safety • River Rapids Ride • CPR
- Identifying a Victim • Rescues • Cold Water Safety
- Free Swim Lesson Opportunities

ADULTS



Belly Dancing

Embrace your inner goddess, gain confidence and learn to love your body as you transform yourself with the art of Belly Dance. Women of all ages, shapes and sizes are encouraged to learn in a comfortable, supportive environment. The first half of class will focus on the fundamentals, breaking down the moves and drilling them into muscle memory. You will learn to accent, shimmy, isolate, and undulate. The second half (optional) will focus on Choreography and learning a dance routine. You may participate, stay and observe, or leave for the second half. Monthly payments available.

12 YRS AND UP

6883 Jan 6–Mar 30[▼] Mon 6:30–8pm \$110/\$94*

Location: Lynnwood Recreation Center, Room 101

Instructor: Angela Thomson

[▼]No Class Jan 20, Feb 17



Register Early!
Avoid Disappointments
*See cancellation policy
on page 31.

Digital Music Creation

This class will help you on your way to creating your own musical art! Learn the basics of beat production, mixing, and recording. We will cover the studio equipment needed for the modern computer recording setup and how to use it. While exploring drum programming, mix downs and vocal recording. More advanced techniques will follow. Such as the creation of structured instrumentals, audio editing and applying digital effects. Monthly payments available.

9 YRS AND UP

6886 Jan 8–Feb 12 Wed 7:30–9pm \$240/\$204*

6888 Feb 26–Apr 1 Wed 7:30–9pm \$240/\$204*

Location: Lynnwood Recreation Center, Conference Room

Instructor: Kontagious Performing Company

Guitar: Adult and Teens

Give yourself or a loved one the gift of music. Learn to play acoustic guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. Beginning and experienced students welcomed. Please bring an acoustic guitar, a tuner, guitar picks, and an empty binder to class. Early and late class offerings and monthly payments available.

12 YRS AND UP

6775 Feb 5–Mar 25 Wed 4–5:25pm \$160/\$136*

6774 Feb 5–Mar 25 Wed 7:30–9pm \$160/\$136*

Location: LSC

Instructor: James Howard



Chef it Up

Have you wanted an opportunity to learn how to cook from a professional chef? Learn basic Culinary Fundamentals taught with genuine passion and love for food. Please bring your own Chef/kitchen knife for adult classes. #ChefLife

18 YRS AND UP

7611 Jan 8–Feb 12 Wed 5–6:30pm \$150/\$130*

7612 Feb 19–Mar 25 Wed 5–6:30pm \$150/\$130*

Location: LSC

Instructor: Chef Tay Proctor-Mills

Hula for Everyone

WALK IN, HULA OUT!!! Hula is for everyone, beginners welcome. We begin with basic steps and hand motions and continue on to learn beautiful hulas both old and new. Every class begins with a review so that new students are able to merge with the current class. A joyful class. Wear something loose and comfy.

12 YRS AND UP

6794 Jan 7–Feb 18 Tue 6:30–7:30pm \$70/\$60*

6798 Feb 25–Mar 31 Tue 6:30–7:30pm \$60/\$51*

Location: Lynnwood Recreation Center, Room 102

Instructor: Jeanne Porter

Ballet: Adult and Teens

Come learn the fundamentals of ballet in an environment geared towards adults! Focus on techniques, artistry, and balance. As we explore movement at the barre and center floor. Fall session is eleven classes. Monthly payments available.

13 YRS AND UP

6841 Jan 9–Mar 26 Thu 7–8pm \$144/\$120*

Location: Lynnwood Recreation Center, Room 102

Instructor: Katherine Erickson

Irish Dance For All

Join Kat Erickson of Cladach Irish Dance for an all levels Irish Dance class! The first thirty minutes we will warm up with basic techniques. Followed by thirty minutes of steps in soft-shoe. And end with thirty minutes of advanced hard-shoe group Ceili dancing. Class is designed for beginning and advanced levels. Stay for the entire class to build upon your skills. Or practice the basic techniques and watch advanced students perform hard-shoe. Monthly payments available.

9 YRS AND UP

6840 Jan 9–Mar 26 Thu 5:45–6:45pm \$144/\$122*

Location: Lynnwood Recreation Center, Room 102

Instructor: Katherine Erickson

Spanish for Beginners

Four levels of instruction for Spanish speakers. Marianne is a native Spanish speaker. She will incorporate cultural aspects of the Spanish speaking world in her class.

16 YRS AND UP

Spanish for Beginners 1

For beginning students with focus on basic pronunciation. And the use of simple phrases and expressions.

6816 Jan 16–Apr 2 Thu 7:35–9pm \$132/\$113*

Spanish for Beginners 2

This class is for students who have completed Spanish for Beginners 1 or know basic Spanish.

6818 Jan 16–Apr 2 Thu 6–7:35pm \$132/\$113*

Spanish for Beginners 3

For students who have completed Spanish for Beginners 1 or 2. With focus on verb conjugations and conversational skills.

6820 Jan 14–Apr 1 Tue 7:35–9pm \$132/\$113*

Spanish for Beginners 4

For students who have completed Spanish for Beginners 3. With a focus on expanded vocabulary, conjugations, and future and past tense.

6821 Jan 14–Mar 31 Tue 6–7:35pm \$132/\$113*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Marianne Schulze

Paint the Masters

Discovery your inner artist. Each week you will explore a different painter. And your instructor will guide you through a step by step process of painting your own masterpiece.

13 YRS AND UP

7467 Jan 6–27 Mon 6–8:30pm \$120/\$100*
7468 Feb 3–24 Mon 6–8:30pm \$120/\$100*
7469 Mar 2–30 Mon 6–8:30pm \$150/\$125*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Lori Moen

Tae Kwon Do: Adult and Teens

Tae Kwon Do is an easy-to-learn Korean Martial art. An outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way.

13 YRS AND UP

6848 Jan 7–Feb 13 Tue/Thu 6–6:55pm \$114/\$102*
6850 Feb 18–Apr 2 Tue/Thu 6–6:55pm \$133/\$119*

Location: Lynnwood Recreation Center, Room 101
Instructor: Derek McClinton

HOW TO READ A CLASS DESCRIPTION

	DATE(S)	DAY OF WEEK	TIME	CLASS FEE	
CLASS →	70689	Apr 14–May 12	Sat	3–3:55pm	\$55/\$47*
#	70690	May 19–Jun 16	Sat	3–3:55pm	\$55/\$47*
Location: Recreation Center, Fitness Studio					↑ *LYNNWOOD RESIDENT DISCOUNT FEE
Instructor: Derek McClinton					

Tap Dance

Join us for thirty minutes of tap skills followed by sixty minutes of floor movement and dance combinations. No experience necessary. Stay for the entire class to build upon your skills or practice the skills and watch other students perform combinations that you will be doing in no time. Tap shoes required. Fall session is 11 classes long. Monthly payments available.

16 YRS AND UP

6778 Jan 8–Mar 25 Wed 6:30–8pm \$120/\$102*

Location: Lynnwood Recreation Center, Room 102
Instructor: Virginia Miscione

Spring Softball League

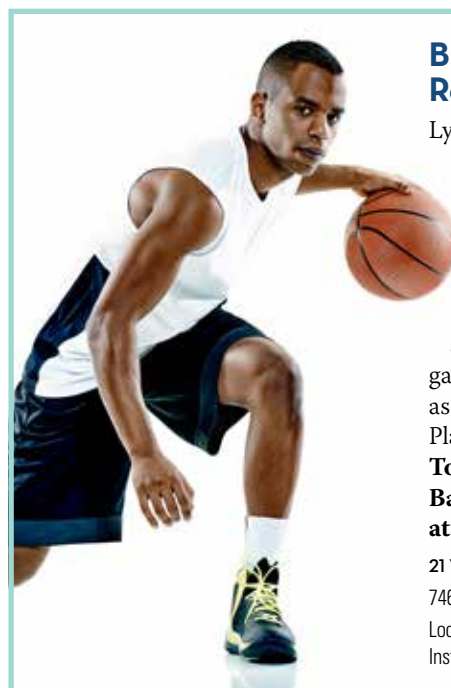
Register your team for our Adult Men's, Women's and Co-Ed Softball Leagues. Multiple divisions/skill levels available. Ten league games by double headers on new synthetic infields. Top four teams in each division will make a single elimination post-season tournament. Teams may request the nights of the week they'd like to play. Teams may register online starting at 6am. In person or by phone after 9am on Tuesday, January 21. **To register call 425-670-5732 or 425-771-0230.**

For more information, call Travis at 425-670-5517 or Todd at 425-771-0229.

18 YRS AND UP

7461 Coed Sun Mar 15–Apr 26 5:30–10pm \$695
7462 Coed Fri Mar 20–Apr 24 6:10–10pm \$695
7470 Men's M/T/Th Mar 16–Apr 23 6:10–10pm \$695
7471 Women's Wed Mar 18–Apr 22 6:10–10pm \$695

Location: Meadowdale Athletic Complex
Affiliation: USSSA



Buckets and Bricks Team Registration (Winter League)

Lynnwood Parks & Recreation is partnering up with Buckets & Bricks Adult Basketball League to offer a Men's and Women's basketball league in the gymnasium of Cedar Valley Community School. Leagues will include seven regular season games, playoffs (based off league standings), All-Star Game, statistics, game referees and much more. Register as a team (\$795) or Free Agent (\$99). Players will receive numbered dry-fit shirt. **To register, contact Buckets & Bricks Basketball at 425-298-5039 or visit them at bucketsandbricks.com.**

21 YRS AND UP

7460 Jan 12–Mar 15 Sun 5–10pm \$795
Location: Cedar Valley Gym, Cedar Valley Community School
Instructor: Buckets and Bricks

ADULTS 62+ FITNESS



LYNNWOOD SENIOR CENTER

19000 44th Ave W

Located next to the Recreation Center.

This community center for adults 62+ offers more than 50 classes, trips and programs per week. People of all ages are welcome. Memberships are \$30/year.

Holiday Closures

Christmas: December 24-25

New Year's Day: Wednesday, January 1

LSC Maintenance Closure: Jan 6-10

MLK, Jr. Day: Monday, January 20

Presidents' Day: Monday, February 17

Hours of Operation

Monday-Friday 8:30am-3pm

Saturday 9:30am-1:30pm

Tuesday open until 5pm

For more information

Call 425-670-5050 or view the Messenger newsletter online at www.PlayLynnwood.com

Enhance Fitness Program

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified.

Lite Enhance Fitness

This is a gently paced cardiovascular workout using resistance for strength. Exercise may be in seated or standing positions.

\$3 DROP-IN OR \$24 FOR AN 8-SESSION PASS

Tue, Thu ▼ 9:40-10:40am

Location: LSC 1 & 2

Instructor: Lida (Sungyeo) Kim

▼No Class Dec 26, 31, Jan 7, 9

Intermediate Enhance Fitness

Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified.

FITNESS PASS CLASS

Mon, Wed, Fri ▼ 8:45-9:45am

Location: Lynnwood Recreation Center, Fitness Studio

Instructor: Angela Dismuke

▼No Class Dec 23-30, Jan 3, 20, Feb 17

Advanced Enhance Fitness

Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included.

FITNESS PASS CLASS

Mon, Wed, Fri ▼ 10-11am

Location: Lynnwood Recreation Center, Fitness Studio

Instructor: Angela Dismuke

▼No Class Dec 23-30, Jan 3, 20, Feb 17

SAIL Fitness Class

Stay Active and Independent for Life—developed by the Washington State Department of Health for older adults. This is an intermediate level class, designed for both seated and standing positions. This class is suitable for all fitness levels.

\$3 DROP-IN OR \$24 FOR AN 8-SESSION PASS

Tue, Thu ▼ 10:50-11:50am
Sat 9:45-10:45am

Location: LSC 1 & 2

Instructor: Debby Grant

▼No Class Dec 26, Jan 7, 9

Flow Yoga 62+

Your day will start on a peaceful note with a gentle, safe and fun Flow Yoga practice. Improve your strength, flexibility, balance, and mobility through practicing standing and seated yoga poses. A chair may be used for support as needed. This class is designed to meet the needs of older adults of all experience levels. Adults of all ages are welcome.

\$6 DROP-IN OR \$48 FOR AN 8-SESSION PASS

3364	Dec 3-19 ▼	Tue, Thu	8:40-9:30am	\$30/\$35 NM
7675	Jan 2-30 ▼	Tue, Thu	8:40-9:30am	\$45/\$50 NM
7672	Feb 4-27	Tue, Thu	8:40-9:30am	\$40/\$45 NM
7667	Mar 3-31	Tue, Thu	8:40-9:30am	\$45/\$50 NM

Location: LSC 2

Instructor: Lida (Sungyeo) Kim

▼No Class Dec 26-31, Jan 7, 9

Laughter Yoga

Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What's unique about this yoga style is that it is combined with fun activities. This is a powerful, life-changing experience. Laughter is the best medicine in the world.

\$6 DROP-IN OR \$48 FOR AN 8-SESSION PASS

3367	Dec 3-19 ▼	Tue, Thu	12-1pm	\$30/\$35 NM
7671	Jan 2-30 ▼	Tue, Thu	12-1pm	\$45/\$50 NM
7669	Feb 4-27	Tue, Thu	12-1pm	\$40/\$45 NM
7673	Mar 3-31	Tue, Thu	12-1pm	\$45/\$50 NM

Location: LSC 2

Instructor: Lida (Sungyeo) Kim

▼No Class Dec 26-31, Jan 7, 9

Korean Language Laughter Yoga

Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What's unique about this yoga style is that it is combined with fun activities. This class is taught in Korean.

\$6 DROP-IN OR \$48 FOR AN 8-SESSION PASS

3372	Dec 3-20 ▼	Tue, Fri	1:15-2:05pm	\$30/\$35 NM
7670	Jan 14-31	Tue, Fri	1:15-2:05pm	\$30/\$35 NM
7668	Feb 4-28	Tue, Fri	1:15-2:05pm	\$40/\$45 NM
7674	Mar 3-31	Tue, Fri	1:15-2:05pm	\$45/\$50 NM

Location: LSC 2

Instructor: Lida (Sungyeo) Kim

▼No Class Dec 27-31, Jan 3, 7, 9



Intermediate Tap Dance

Dust off your tap shoes and join this fun group of dancers. New people are welcome—there's lots of support to get you up to speed. Thursday is instruction; Tuesday is practice and rehearsal.

3445	Dec 3–19	Tue, Thu	12:30–1:30pm	\$23/\$28 NM
7427	Jan 14–30	Tue, Thu	12:30–1:30pm	\$23/\$28 NM
7425	Feb 4–27	Tue, Thu	12:30–1:30pm	\$30/\$35 NM
7426	Mar 3–31	Tue, Thu	12:30–1:30pm	\$30/\$35 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: Melissa Olson

Line Dance for All

Line dance continues and it will be all about moving and having fun. In this easy, upbeat class, you'll move to a wide variety of music including Rock & Roll, Hip Hop, Salsa, Cha Cha, Country Western, Zydeco, Cumbia, Merengue, Tango and much more. Exercise never felt like such fun! This class is for people of all experience and ability levels.

3449	Dec 6–27	Fri	10:15–11:15am	\$20/\$25 NM
7444	Jan 3–31	Fri	10:15–11:15am	\$20/\$25 NM
7442	Feb 7–28	Fri	10:15–11:15am	\$20/\$25 NM
7443	Mar 6–27	Fri	10:15–11:15am	\$20/\$25 NM

Location: LSC 1 & 2
Instructor: MaryLee Lykes
▼No Class Jan 10

Zumba Gold

You've heard people rave about Zumba—a Latin movement-based dance class that includes Salsa, Merengue, Cha Cha, Tango and more. Zumba Gold is especially adapted for adults 62, for adults who are beginning to increase activity to improve wellness, and for people with physical limitations. You can learn the moves on your feet or in a chair. Don't miss out on this fun way to fitness!

\$6 DROP-IN

3468	Dec 2–30	Mon	9–9:50am	\$25/\$30 NM
7680	Jan 6–27	Mon	9–9:50am	\$20/\$25 NM
7679	Feb 3–24	Mon	9–9:50am	\$20/\$25 NM
7676	Mar 2–30	Mon	9–9:50am	\$25/\$30 NM
3472	Dec 4–18	Wed	10–10:50am	\$15/\$20 NM
7677	Jan 8–29	Wed	10–10:50am	\$20/\$25 NM
7681	Feb 5–26	Wed	10–10:50am	\$20/\$25 NM
7688	Mar 4–25	Wed	10–10:50am	\$20/\$25 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: Joan Harrison

62+ Pilates: Gentle—an Introduction

Gentle Pilates is done seated, on the floor, or both (depending on ability.) You will be introduced to Pilates terminology, basic principles and simple beginning exercises. This class is suitable for everyone. Bring a towel and Pilates mat to class.

3484	Dec 4–18	Wed	11:30am–12:20pm	\$18/\$23 NM
6945	Jan 15–29	Wed	11:30am–12:20pm	\$18/\$23 NM
6952	Feb 5–26	Wed	11:30am–12:20pm	\$24/\$29 NM
6950	Mar 4–25	Wed	11:30am–12:20pm	\$24/\$29 NM

Location: LSC 2
Instructor: Angela Dismuke

62+ Pilates: Level 1

Pilates for Core Strength & Flexibility Level 1 is done entirely on the floor. Level I adds to what you learned in Gentle Pilates. You are familiar with and understand the terminology and basic principles and are able to complete the beginning exercises with little assistance from the instructor. Exercises are more complex. This class requires Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

3486	Dec 4–18	Wed	12:30–1:20pm	\$18/\$23 NM
6946	Jan 15–29	Wed	12:30–1:20pm	\$18/\$23 NM
6947	Feb 5–26	Wed	12:30–1:20pm	\$24/\$29 NM
6951	Mar 4–25	Wed	12:30–1:20pm	\$24/\$29 NM

Location: LSC 2
Instructor: Angela Dismuke

62+ Pilates: Level 2

Pilates for Core Strength & Flexibility Level 2 is done entirely on the floor. Exercises continue to grow in complexity and students are challenged. Prerequisites for this class are Pilates Level 1 and Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

3491	Dec 6–20	Fri	11:30am–12:20pm	\$18/\$23 NM
6944	Jan 17–31	Fri	11:30am–12:20pm	\$18/\$23 NM
6948	Feb 7–28	Fri	11:30am–12:20pm	\$24/\$29 NM
6949	Mar 6–27	Fri	11:30am–12:20pm	\$24/\$29 NM

Location: LSC 2
Instructor: Angela Dismuke

Beginner American Clogging for Fun and Fitness

No dance experience necessary to join this fun class. You'll learn the basic steps used in all levels of American Clogging. Brought to America by European immigrants, clogging is a rhythmic, grounded style of dance that uses all music genres. The instructor calls out cues and that keeps it fun and easy to learn. Stay and watch the Beginner Plus class for a preview of what comes next. Shoe styles and taps will be discussed at the first class each month.

4469	Dec 4–18	Wed	1:30–2:15pm	\$15/\$20 NM
7548	Jan 15–29	Wed	1:30–2:15pm	\$15/\$20 NM
7551	Feb 5–26	Wed	1:30–2:15pm	\$20/\$25 NM
7552	Mar 4–25	Wed	1:30–2:15pm	\$20/\$25 NM

Location: LSC 2
Instructor: Maureen Pettit

Beginner Plus American Clogging for Fun and Fitness

Add on to what you learned in Beginner American Clogging. You'll learn steps that are a little more challenging and dance to easy, choreographed dances. The instructor always calls out cues and that keeps it fun and easy to continue learning. Come early and overlap with the Beginner class for extra practice and review.

4474	Dec 4–18	Wed	1:30–2:15pm	\$15/\$20 NM
7550	Jan 15–29	Wed	2–2:45pm	\$15/\$20 NM
7549	Feb 5–26	Wed	2–2:45pm	\$20/\$25 NM
7547	Mar 4–25	Wed	2–2:45pm	\$20/\$25 NM

Location: LSC 2
Instructor: Maureen Pettit

Tai Chi and Relaxation

Discover the ancient art of health and well-being through gentle, controlled movements focusing on balance. Class is based in traditional Yang Style forms and includes a relaxation practice. Both learning and continuing students are welcome.

3480	Dec 5–12	Thu	9–10am	\$12/\$17 NM
7037	Jan 2–30	Thu	9–10am	\$30/\$35 NM
7036	Feb 6–27	Thu	9–10am	\$24/\$29 NM
7035	Mar 12–26	Thu	9–10am	\$18/\$23 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: Barbara Gleisner

ADULTS 62+ TRIPS & EXCURSIONS



Seattle Art Museum & Pike Place Market ☺☺☺

Start the New Year with a fun day in downtown Seattle. Seattle Art Museum is our first stop. Admission to SAM Collections is free to older adults on first Fridays. If there's a Special Exhibition you've been waiting to explore, you can pay your own additional admission fee. Afterwards we'll walk to Pike Place Market for lunch and browsing. Pick your own place to eat and wander through market stalls and shops on as many levels as you want. Cost of lunch is on your own; Special Exhibitions fee for Seniors is \$7.99.

4365 Jan 3 Fri 9:15am–3pm \$15/\$21 NM
SIGN-UP DATE: DEC 11

Kenmore Air—Take a Tour ☺☺

Our tour guide is a flight instructor and can tell you all about what it takes to operate a seaplane. We'll tour the airport and learn about Kenmore Air and how it travels throughout the San Juan and greater Vancouver Islands. You'll have time for questions. Afterwards we'll head to Lake Forest Town Center for time to check out Third Place Books, the Shoreline Arts Council Gallery Shop, and have lunch on your own. Cost of food, beverage and other purchases are on your own.

4440 Jan 8 Wed 9am–1pm \$11/\$17 NM
SIGN-UP DATE: DEC 11



Pacific Science Center and Vietnamese Lunar New Year Festival* ☺☺☺

Send winter packing! Feel the sun's warmth on your face for a few moments. You'll breathe in spring when you step into the Tropical Butterfly House at Pacific Science Center and see hundreds of butterflies in the air. You'll also have an opportunity to sit in on a Laser or Planetarium show. If you like, choose to learn current science facts at a Live Science Show or Portal to Current Research talk. We'll take time to walk to the Armory for lunch as well as take in some of the Vietnamese Lunar New Year festival at Seattle Center. Trip registration includes admission to the Pacific Science Center and a Laser Show; food, beverage and other purchases are on your own.

4663 Jan 18 Sat 9:30am–5pm \$47/\$52 NM
SIGN-UP DATE: DEC 11

Ursulmas Medieval Faire— Monroe Fairgrounds* ☺☺

Have you ever visited a Medieval Faire? You'll step into a world filled with arts and activities of the Middle Ages. Surround yourself with sights and sounds of chivalry, fine arts, entertainment, and food. You can become part of the medieval crowd watching knights in armor face off in combat. Step outside to the covered arena for ongoing archery and axe throwing competitions. Stop in at Ursulwyck Medieval Village when you feel the need for food and warm beverages. Trip registration includes admission to the Faire; food, beverage and other purchases are on your own.

4400 Jan 25 Sat 9:30am–2:30pm \$22/\$28 NM
SIGN-UP DATE: DEC 11

TRIP DIFFICULTY KEY

- ☺ Minimal walking
- ☺☺ Minimal to Moderate walking and/or some stairs
- ☺☺☺ Moderate walking and/or at least one flight of stairs
- ☺☺☺☺ Moderately difficult; lots of walking and/or many stairs or other challenges



Trip registration is by lottery!

Call 425-670-5050 for more information.

* Trips including pre-purchased items are non-refundable.

** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

All trip registrations include a \$6 non-refundable deposit

Teatro ZinZanni* ☺☺

This is an evening you'll remember! This famous show is unlike any other. At its new location at the former Red Hook Brewery in Redmond, Teatro ZinZanni's main event is part circus, part cabaret, and always magical. It's a three-hour whirlwind of international cirque, comedy, and performing artists all served up with a scrumptious multi-course feast. Elegant libations are optional. The ever-evolving and constantly changing production is never quite the same from evening to evening. Famous for its intimate setting, the show's fast-paced action unfolds above, around and even alongside you as you enjoy your meal. Trip registration includes show admission and meal; additional food and beverages (with or without alcohol) are on your own.
6639 Feb 1 Sat 10:15am-3:45pm \$95/\$101 NM
SIGN-UP DATE: JAN 8

Tour Nucor Steel— Recycling in Action ☺☺☺☺

Come along and learn about our local steel plant. Originally founded by the Piggott Family of PACCAR fame, the plant initially known as Seattle Rail Car Company was built in 1904. Today, known as Nucor Steel, the plant manufactures recycled steel products. Steel is made for local distribution and shipment throughout the Pacific Northwest, Northern California, and Canada. The two-hour tour involves one to two miles of walking up ramps, stairs, and on uneven surfaces. Please make sure you can meet the walking requirement before registering. Afterwards we'll stop nearby for lunch. Cost of food is on your own.
7071 Feb 7 Fri 9am-3pm \$14/\$20 NM
SIGN-UP DATE: JAN 8

Valentine's Day Tea at Meeker Mansion & Boehm's Candies* ☺☺

Chase away some mid-winter February chill and dress up for Tea at the historic Meeker Mansion. Everything will be especially decorated for Valentine's Day. We'll explore the mansion and enjoy a sit-down full-service tea. This historic home features hand-painted ceilings, stained glass windows, and many different and unusual species of wood. The exterior finish was painstakingly crafted with three tons of white sand and three coats of linseed oil—a finish which frustrates painters to this day. After tea at the Mansion, we'll stop at Boehm's Candies & Chocolates Edelweiss Chalet in the Issaquah foothills. We'll walk the self-guided factory window tour and head into the candy store for sample. You'll have a chance to pick up chocolates or other Boehm's treats. Tea is included in registration; other purchases are on your own.

6675 Feb 13 Thu 10am-3:30pm \$29/\$35 NM
SIGN-UP DATE: JAN 8

December Trips

Sign-up ongoing. Ask about current registration availability.

- Dec 6 Bainbridge Island Studio Tour
- Dec 10 Reindeer, Selfies and Other Holiday Fun
- Dec 14 Skagit River Eagle Watch
- Dec 18 Taproot Theatre Holiday Performance & Out to Dinner*
- Dec 19 The Million Lights of Warm Beach*
- Dec 21 12 Days of Goodness—Seahawks & Pancakes

the art of
FOOD & WINE

Lynnwood Convention Center
SATURDAY, FEB 8, 2020 • 5 - 9 PM

We invite you to a fun community event to raise funds for murals and other public art projects in Lynnwood.

For more info & tickets
LynnwoodFoodWine.com

I'm Back

EGGS-plore Lynnwood

Artists, we want you to make an egg
Apply by 12/15/2019

Egg Hunt starts in March, 2020

www.LynnwoodArts.org

MORE TRIPS & EXCURSIONS ON NEXT PAGE →

ADULTS 62+ TRIPS & EXCURSIONS (continued)

Sewing & Stitchery Expo* ☺☺

This is THE event of the year for all things related to fiber-arts. There's quilting, clothes-making, pattern-fitting, patternmaking, knitting, crocheting, embroidery, and more. Come along to see how much you already know and what you'd like to learn by talking and listening to experts and fellow crafters. There's a huge variety of low-cost classes as well as free lectures and demos. We'll arrive around 10am and stay until 4pm. Look at the schedule and figure out what you want to do! Lunch is available for purchase at the show or bring your own. Expo admission is included in trip registration; food, beverage, class fees and other purchases are on your own.

6676 Feb 27 Thu 9am–5pm \$29/\$35 NM

SIGN-UP DATE: JAN 8

Leap Day Mystery Trip ☺

Take a leap of faith and join us for the Leap Day 2020 Mystery Trip. We won't stray too far from home and we'll go somewhere inside where it's warm and dry. Dinner and music are on the agenda. To learn more, you'll have to sign up and come along. Food, beverage and other purchases are on your own.

7713 Feb 29 Sat 4:30–9pm \$12/\$18 NM

SIGN-UP DATE: JAN 8

The Importance of Being Earnest* ☺

You'll laugh throughout this comedy at the Red Curtain Theatre in Marysville. Jack is earnest about caring for his brother Earnest because it helps him escape from home and work responsibilities. But Earnest is fictional and when Jack decides he no longer wants to escape the story gets complicated and funny. After the matinee we'll stop for early dinner. Theatre admission is included in registration; cost of food and beverages is on your own.

6640 Mar 8 Sun 10:15am–3:45pm \$29/\$35 NM

SIGN-UP DATE: FEB 12

Irish Festal Festival, Seattle Center ☺☺–☺☺☺

You'll find everything Irish at the annual Irish Festal Festival. First held at the Seattle Center in 1982, the event is a major highlight of Seattle's Irish Week, which includes many activities to celebrate St Patrick's Day. It continues the tradition of bringing together Seattle's finest performers and artists, celebrating what it means to be Irish. At the Seattle Center you'll enjoy traditional music, step-dancing, lectures, genealogy workshops, Irish films, exhibits, displays, and more.

6641 Mar 14 Sat 10am–4pm \$14/\$20 NM

SIGN-UP DATE: FEB 12

Let's Explore Wallingford ☺☺–☺☺☺

Join us for a day out and about in the neighborhood! The Wallingford Community Senior Center is at the heart of our day. We'll have lunch at the Center and maybe join in one of their activities. Located in the Good Shepherd Center we'll take time to appreciate the Center's historic building and P-Patch garden. You'll find genuine snack food, leis, and aloha wear from the islands at the nearby Hawaii General Store—make sure you bring some money for shopping. There's friendly staff on hand who could even book your next island vacation if you're looking to visit. Lunch is included in registration. Other purchases are on your own.

7153 Mar 25 Wed 11am–5pm \$18/\$24 NM

SIGN-UP DATE: FEB 12

Moisture Festival Comedy–Variété* ☺☺


Join us again for a trip to Moisture Festival—it's becoming a favorite late-winter escape. Variété has roots in the music halls of 19th century England, cabaret in Europe, and vaudeville in America. Each Moisture Festival show is different, so you'll take home a unique experience to share with friends. Food and beverages are available at the venue. Trip registration includes performance; food and beverage purchases are on your own.

6709 Mar 28 Sat 1:30pm–6pm \$37/\$43 NM

SIGN-UP DATE: FEB 12

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Contact Julie Applegate to discuss
how to maximize your exposure to
residents of Lynnwood



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Thank You!

The City of Lynnwood thanks all our businesses, service clubs, and individuals who sponsored, partnered, volunteered and supported our 2019 events and programs. We recognize and thank these contributors:



For more information on how to get involved, sponsor or support a 2020 community event, visit www.LynnwoodWA.gov/CommunityEvents or contact Misty Burke at mburke@lynnwoodwa.gov.

Healthy Lynnwood

Save the dates! 2020

JANUARY

- 9 LPD Community Academy Begins
- 11 Living Voices Presentation
- 20 MLK Day of Service Volunteer Event
- 18 NightWaves Teen Night

FEBRUARY

- 1 Go Red Day
- 8 The Art of Food & Wine
- 17 Water Safety Fair
- 22 Ties & Tiaras Winter Ball

MARCH

- 14 NightWaves Teen Night

APRIL

- 1 National Walking Day
- 4 Living Voices Presentation
- 22 Earth Day Park Service
- 25 Supermoms and Side Kicks

MAY

- 9 Living Voices Presentation
- 9 NightWaves Teen Night
- 15 Bike Everywhere Day
- 25 VFW Memorial Day Celebration

JUNE

- TBD State of the City Address
- TBD EGGS-plore Art Reception & Auction
- 6 Cops & Kids
- 6 CPR Day
- 13 History & Heritage Day
- 13 Rotary Challenge Race
- 25 Lynnwood Walks Begins (Thurs)

JULY

- 7 Meet Me at The Park
- 11 History & Heritage Day
- 14 Meet Me at The Park
- 15, 16 Shakespeare in the Park
- 18 Afro Latino Festival
- 21 Meet Me at The Park
- 22, 23 Shakespeare in the Park
- 28 Meet Me at the Park
- 29 Shakespeare in the Park

AUGUST

- 4 National Night Out
- 5 Shakespeare in the Park
- 13, 20, 27 Sandlot Cinemas
- 8 History & Heritage Day
- 15 Ubuntu Exposé

SEPTEMBER

- 12 Fair on 44th
- 19 NightWaves Teen Night

OCTOBER

- 3 Celebrate Schools 5K
- 24 Spook & Splash Family Halloween

NOVEMBER

- 11 VFW Veterans Day Event
- 21 NightWaves Teen Night

DECEMBER

- 5 Lynnwood Christmas Tree Lighting
- 6 Cookies with Santa @ Heritage Park
- 10 Menorah Lighting Ceremony

Dates subject to change.

ADULTS 62+ OUTDOOR RECREATION



Cross Kirkland Corridor #1 ♥ ♣

Travel along an old railroad bed through the heart of Kirkland. We'll start at the arboreal Crestwoods Park and continue to Everest Park and back. Along the way, you'll pass by the backyards of homes and a school on a wooded path. Gravel and paved trail.

- 4 mile round trip
- Minimal elevation gain

4353 Jan 7 Tue 10am–1:15pm \$14/\$20 NM
SIGN UP DATE: DEC 20

Cross Kirkland Corridor #2 ♥♥♣

This time the trail will start at a park and cut through the campus of Google. You'll see their playfields designed to keep their employees active and a train engine that once traveled on the corridor trail. Then we'll proceed down to the Kirkland waterfront for a break before returning back. Gravel and paved trail.

- 4 mile round trip
- 300 ft elevation gain

4366 Jan 21 Tue 10am–1:45pm \$14/\$20 NM
SIGN UP DATE: DEC 20

Fremont Troll and Stroll ♥♥ ♣

Our trek starts at Gas Works Park and continues to the famous Troll that lives under the Aurora Bridge. After getting our fill of photos, we'll then head to some more well-known icons; the Lenin Statue and the Fremont Rocket. There will be some time to enjoy lunch on your own in Fremont before returning to the bus via the Burke-Gilman Trail.

- 3.5 mile round trip
- 100 foot elevation gain

6804 Feb 11 Tue 10am–1:30pm \$14/\$20 NM
SIGN UP DATE: JAN 17

Lake Tye, Monroe ♥ ♣

We're heading east to Monroe to have an optional lunch at the East County Senior Center, but first we need to work up an appetite. We'll do a figure eight that goes around Lake Tye and Park Meadows City Park by way of several neighborhoods on mostly paved trails. Suggested donation for lunch is \$3 for those over 60 and \$7.50 for those under 60 years old.

- 3.5 mile round trip
- Minimum elevation gain

6805 Feb 25 Tue 10am–1:45pm \$14/\$20 NM
SIGN UP DATE: JAN 17

The Ballard Stair Climb ♥♥♥♣

Warm up your legs by hiking through a forested dirt path overlooking water and Golden Gardens below. Then the real challenge begins with a roughly 100 steep stair climb up to the Loyal Heights neighborhood. Once there, you'll continue on to Sunset Hill Park to rest while enjoying the view of Shilshole Bay. Then you get to retrace your steps back down the stairs.

- 2.5 mile round trip
- 250 foot elevation gain

6862 Mar 10 Tue 10am–1:15pm \$14/\$20 NM
SIGN UP DATE: FEB 21

HIKE DIFFICULTY KEY

- ♥ EASY; flat trail paved or unpaved
- ♥♥ MODERATELY EASY; slight elevation gain with some hills
- ♥♥♥ MODERATE; likely to include some difficult terrain and elevation gain; must be steady on your feet
- ♥♥♥♥ CHALLENGING; likely to include steeper elevation gain with switchbacks or steps; rocks, roots and challenging footing
- ♥♥♥♥♥ DIFFICULT; likely to include continual elevation climb, steep switchbacks, distance over eight miles, challenging footing
- ♣ HIKING BOOTS ONLY
- ♣ ATHLETIC SHOES ALLOWED

Big Finn Hill and Bastyr ♥♥♥♣

Lace up your boots and hike with us in a forest located near Lake Washington. We'll do several trail loops that include a stop at Bastyr University for lunch on your own in their cafeteria. This cafeteria is known for their healthy delicious food. You'll come back to the bus refreshed and pleasantly full.

- 4.5 mile round trip
- 250 elevation gain

6863 Mar 24 Tue 10am–1:30pm \$14/\$20 NM
SIGN UP DATE: FEB 21

December Outdoor Program

Sign-up ongoing. Ask about current registration availability. Search online for details.

Dec 3 Parks and Pies, Bothell ♥♥ ♣

Dec 9 Flee Escape Room Trip

Dec 17 Walk and Wine, Woodinville ♥♥ ♣



Hike and Paddle Preview

Do you love to hike, zip and play in the water? Join us for an informational meeting on our outdoor recreation program. We offer: White Water Rafting, Hiking, Kayaking, and more. Learn what to wear and to bring to our outdoor adventures. There will also be a preview on what will be offered this spring and summer.

6864 Mar 6 Fri 1–2pm Free

Winter Recreation

Hyak Sno-Park, I-90

This Sno-Park is great for those who are new to cross-country skiing and snowshoeing. Hyak offers miles of tracks for cross-country skiers with minimal elevation gain. Snowshoers go on the edge of the cross-country ski tracks with an option to do a side trail down to an overlook of Keechelus Lake. There are no lodge or equipment rental facilities at this location. Bring a sack lunch.

Snowshoe ♥-♥♥

- 1–3 mile round trip
- Minimal elevation gain

4068 Jan 3 Fri 9am–4:30pm \$28/\$34 NM
SIGN-UP DATE: DEC 20

Summit Nordic Center/ Gold Creek

The Summit at Snoqualmie Pass offers some great trails for cross-country ski lovers. There is a climb up to access the main trail, and a steep descent down. Novice skiers are not advised on this trip. The snowshoers will go to Gold Creek Sno-Park for a romp around a scenic pond. Ski rentals and trail pass fees are not included in the trip fee. There is no lodge at Gold Creek—bring a sack lunch.

Snowshoe Gold Creek ♥♥♥

- 3 mile round trip
- 100 foot elevation gain

4347 Jan 10 Fri 9am–4:15pm \$28/\$34 NM
SIGN-UP DATE: DEC 20

SNOWSHOE DIFFICULTY KEY

♥ EASY; slight elevation gain, short distance

♥♥ MODERATE; some elevation gain, distance up to three miles round trip

♥♥♥ MODERATE DIFFICULT; some difficult terrain and elevation gain; must be steady on your feet

♥♥♥♥ DIFFICULT; some difficult terrain and steep elevation gain; must be steady on your feet

Snow conditions can change the difficulty level

Full day snowshoe rental available for the winter recreation program. \$10/\$15NM. Inquire at registration.

Pacific Crest Trail, Stevens Pass Snowshoe ♥♥♥

Enjoy snowshoeing on part of the PCT near Stevens Pass Ski Resort. On this quiet, wooded trail, look for wildlife tracks and a snowy mountain range across the valley. Afterwards, warm up with hot cocoa on your own at the Stevens Pass Ski Resort Lodge.

- 3.5 mile round trip
- 275 foot elevation gain

4350 Jan 15 Wed 9am–4:15pm \$28/\$34 NM
SIGN-UP DATE: DEC 20

Erling Stordahl at Trollhaugen, I-90

Go to where the Norwegians like to play in the snow. For a \$10 fee on your own, you can warm up in the Sons of Norway Lodge. Erling Stordahl Ski Area has a variety of groomed ski trails for all abilities. There is a 50-foot elevation gain to the lodge. Bring a sack lunch.

Snowshoe ♥♥♥-♥♥♥♥

- up to 3.5 mile round trip
- 200 foot elevation gain

4351 Jan 24 Fri 9am–4:30pm \$28/\$34 NM
SIGN-UP DATE: DEC 20

Lake Wenatchee and Kahler Glen Sno-Park

Both of these Sno-Parks have numerous trails for snowshoers and cross-country skiers of all abilities. Depending on the snow conditions at each location, you will either enjoy tracks near the lake or around a golf course. Cross-country trails have various elevation gain. There are no lodges at these locations. Bring a sack lunch.

Snowshoe ♥♥-♥♥♥

- up to 3 mile round trip
- up to 300 feet elevation gain

4352 Jan 29 Wed 9am–6pm \$28/\$34 NM
SIGN-UP DATE: DEC 20

Big Four Meadow Snowshoe, Mt Loop Hwy ♥♥♥-♥♥♥♥ (depending on road closure)

Stomp along in your snowshoes on the Mountain Loop Hwy for over two miles until you reach the historical area of the Big Four Picnic Area. Large mountains loom over the meadows and popping out of the snow are the remnants of a fireplace that once belonged to the historic Big Four Lodge. There is a picnic shelter where you can enjoy your sack lunch. If the Mt Loop Hwy is open, we'll just snowshoe at Big Four meadow. No rental facilities or lodge are available at this location.

- 2–5 mile round trip
- 500 foot elevation gain

4065 Feb 5 Wed 9am–return time TBA \$28/\$34 NM
SIGN-UP DATE: JAN 17

Cabin Creek Sno-Park, I-90

This popular and well-groomed sno-park offers trails for all levels of cross-country skiers and snowshoers. Those who want minimal elevation gain can snowshoe on a road that is shared by cross-country skiers. Just a reminder that snowshoers must stay off cross-country tracks at all times. There are no lodge or equipment rental facilities at this location. Bring a sack lunch and plenty to drink.

Snowshoe ♥♥♥

- Road Trail
 - 2 mile round trip
 - 100 foot elevation gain
- South Loop
 - .75 mile
 - 150–300 foot elevation gain

6865 Feb 14 Fri 9am–5pm \$28/\$34 NM
SIGN-UP DATE: JAN 17

**MORE WINTER RECREATION
TRIPS ON NEXT PAGE** ➔

WINTER RECREATION (continued)

Red Bridge Snowshoe, Mt Loop Hwy ♥♥♥

Wander in a winter wonderland on a quiet forest road away from the crowded local Sno-Parks. Travel beside the aqua blue South Fork Stillaquamish River as you tromp through the sparkling snow. Watch for birds searching for their meal and lose yourself in the beautiful surroundings. No rental facilities or lodge are available at this location. Bring a sack lunch and plenty to drink for the journey.

- 2 mile round trip
- 75 foot elevation gain

7188 Feb 19 Wed 9am-3pm \$28/\$34 NM

SIGN UP DATE: JAN 17

Leavenworth Winter Sports Club

The Leavenworth Winter Sports Club grooms up to 8 km of trails that go through the woods, over bridges and across open meadows. Snowshoers will enjoy following a trail along Icicle Creek and by a fish hatchery. There will be some time after our winter fun to enjoy a quick stop in Leavenworth's town center. Trail pass for skiing and snowshoeing on your own. No rental facilities or lodge are available at this location. Bring a sack lunch.

Snowshoe ♥♥

- 3 mile round trip
- 100 foot elevation gain

7190 Feb 26 Wed 8am-6:30pm \$28/\$34 NM

SIGN UP DATE: JAN 17

Mt Rainier National Park Snowshoe

View the mighty Mt Rainier up close while snowshoeing at Paradise or at Longmire. Road conditions will determine the location. You'll get a chance to warm up in the lodge with a hot beverage on your own. Bring your Golden Age Pass or \$10 park fee.

Nisqually Loop ♥♥♥♥

- 1.5 mile round trip
- Elevation gain up to 200 feet

Myrtle Falls Bridge ♥♥♥

- 1 mile round trip
- 100 foot elevation gain

Longmire Loop ♥♥

- 1 mile
- 50 foot elevation gain

7192 Mar 7 Sat 8am-7:30pm \$28/\$34 NM

SIGN UP DATE: FEB 21

Make Up Winter Recreation Trip

This day is set apart to repeat one of our favorite Sno-Parks or make up a trip. Sometimes we must cancel a trip due to Mother Nature and this will be another chance to get to your destination. Mileage, elevation details and heart rating will be announced at sign up.

7194 Mar 13 Fri Times TBA at sign-up \$28/\$34 NM

SIGN UP DATE: FEB 21

MLK Day of Service | Earth Day | National Public Lands Day

VOLUNTEER for a Greener Lynnwood!

Gather your family and friends to help green Lynnwood parks, streets and trails at one of our 2020 Volunteer Service Days.

Sign-ups for MLK Day of Service will begin January 2nd.



To learn more about projects, sign up for Lynnwood eNews and select the "Volunteer Opportunities" topic at www.LynnwoodWa.gov/eNews



INFORMATION & POLICIES



General Information

HOLIDAY CLOSURES We will be closed for business and classes on the following dates:

- Christmas Eve: Tuesday, December 24
- Christmas Day: Wednesday, December 25
- New Year's Eve Early Closure:
3pm Tuesday, December 31
- New Year's Day: Wednesday, January 1
- Pool Closure: January 6–12

CHANGES & ERRORS We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We apologize for any errors in the brochure and encourage you to visit www.PlayLynnwood.com for the most up-to-date information as possible. We're always interested in knowing how we can make this publication better. If you have comments or questions, contact Steve Hoard, 425-670-5510 or shoard@lynnwoodwa.gov.

PHOTOGRAPHS The City of Lynnwood takes videotape or photographs of people enjoying our parks or facilities. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the City of Lynnwood. Should you not want photographs of your child utilized for publications, please let our staff or your instructor know. Got a good photo? We are looking for photos of recreation programs and participants for future guides. If you have photos that you would like to share with us, please e-mail them to shoard@lynnwoodwa.gov. A photo credit will be given, so be sure to include your name and/or business.

EMPLOYMENT OPPORTUNITIES

Visit www.lynnwoodwa.gov for detailed info on available positions to join the City of Lynnwood team. If you are an independent contractor interested in offering a class, call to inquire for a program proposal packet. Visit our website or call 425-670-5732.

INCLEMENT WEATHER The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. If the Edmonds School District announces a cancellation or delayed start, all morning classes will be cancelled. Please call after 2pm to verify status of afternoon, evening or weekend classes at 425-670-5732.

DISABILITY ACCOMMODATION The City of Lynnwood is committed to accommodating citizens with disabilities and special needs. Lynnwood Parks, Recreation & Cultural Arts will make reasonable effort to ensure programs are accessible. If you need assistance participating in our activities, please call us at 425-670-5732.

CREDITS Cover: Staff; Editor: Steve Hoard; Design and Layout: Philips Publishing Group. Printing: Journal Graphics.

ADVERTISING: Community business advertising is provided to offset the publishing costs of this brochure. The City of Lynnwood does not sponsor or endorse the activity and/or information contained in community ads. If your business is interested in placing an ad, please contact Julie Applegate at 206-284-8285 or julie@philipspublishing.com.

Swim Ticket Advance Purchase

Swimmers can pre-purchase swim tickets to guarantee their entrance into an open swim two weeks in advance. To purchase swim tickets in advance please call 425-670-5732. All children five years and younger must be accompanied by a paying adult in the water. Print and present your ticket on the day of your open swim. Refunds and transfers must be requested 72 hours in advance of your swim through customer service; a refund fee will apply.

Registration Policies

Advance registration and payment is required. Please register early; classes will be canceled two days before the start date if registration is insufficient. Fees include state and local sales tax, where applicable. All activities, dates and fees are subject to change. Participation is voluntary and participants agree to assume responsibility for any injury or damage to person or property.

PAYMENT Class registration is available with cash, check or credit card. Be sure to have the participants' names, birth dates, phone numbers and credit card information ready prior to calling. A confirmation receipt will be emailed, mailed or given to you at the time of registration. Returned checks are assessed a \$50 fee.

RESIDENT DISCOUNT The City of Lynnwood recognizes people living within Lynnwood's City limits support, through their City taxes, the City's recreation programs. Because of this, the City offers a resident discount fee on pass fees, room, pool, and parks facility rentals, registered programs—even green fees at the Lynnwood Municipal Golf Course—which are marked RD next to the fee listing. Provide utility bill or other verification of residency. For more information, call 425-670-5732.

RECREATION BENEFIT FUND A scholarship program for low-income youth, seniors and disabled adults, the Recreation Benefit Fund is supported by the City of Lynnwood, the Parks & Recreation Foundation, and local businesses, organizations and individuals. Applications are available at the Lynnwood Recreation Center. Approval is contingent on residency, financial eligibility and available funds. Donations are gratefully accepted and can be made by check to RBE, PO Box 5008, Lynnwood, WA 98046-5008.

REFUNDS Cancelled Program: If a program is cancelled by the Parks, Recreation & Cultural Arts Department, the registrant will receive a credit on account or a full refund. Refund Requests: Refund requests may be made to the department by phone or in person, stating the reason for the request. Participant refund requests are assessed a \$10 administrative fee per registration; there is no administrative fee for credits placed on account. In order to be eligible for a refund requires three (3) business days notice prior to the first class session. Refund requests made after the start of class are subject to program supervisor approval and may be granted on a prorated basis. Some trips and courses include pre-ordered tickets and items that are non-refundable.

3 Ways to Register for Lessons



Click: Register online

Starting at midnight of the registration dates at cityoflynnwood.perfectmind.com



Come in:

As early as 5:30am on the posted registration dates to the Lynnwood Recreation Center, 18900 44th Ave W, Lynnwood, WA 98036.



Call: 425-670-5732

Starting at 8am on the posted registration dates.



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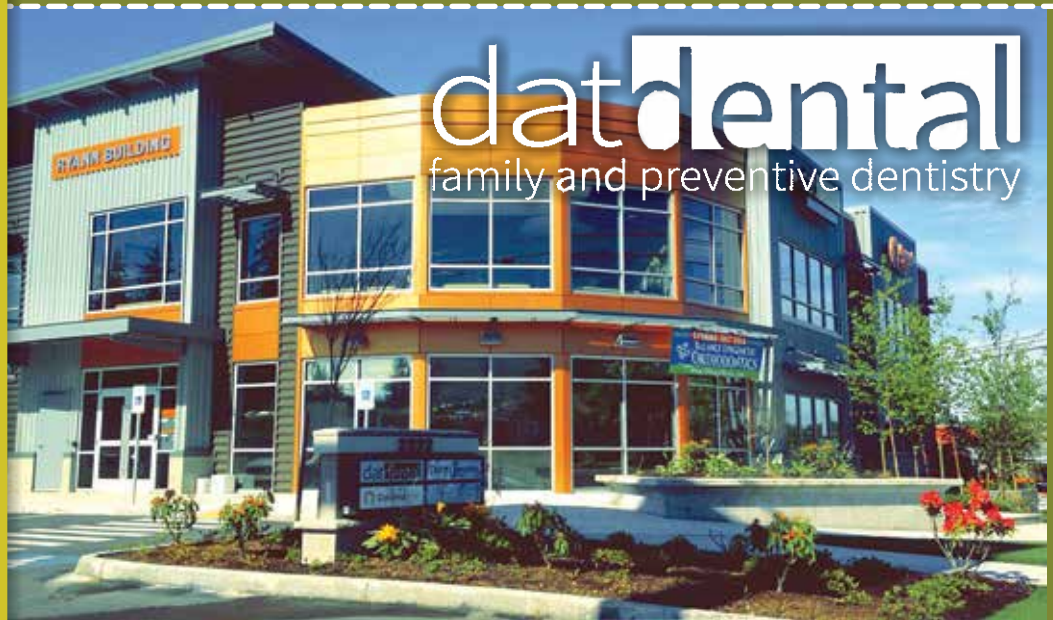
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